

# Ninth Grade

## Mental and Emotional Health

- 1 Promote the destigmatization of seeking mental health resources.** 9.MEH.1
  - 1 Identify causes, symptoms, and strategies for treating mental health challenges. 9.MEH.1.1
  - 2 Recognize at-risk populations, causes and symptoms of depression, suicide, and impaired mental health. 9.MEH.1.2
  - 3 Develop a support plan for peers experiencing mental health challenges. 9.MEH.1.3

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- 2 Identify a variety of positive stress management and self-regulation strategies that would benefit overall health.** 9.MEH.2
  - 1 Identify the short and long term physical and psychological responses to stress. 9.MEH.2.1
  - 2 Explore healthy strategies for managing stress, anxiety, anger, and impulsive behaviors. 9.MEH.2.2

## Personal and Consumer Health

- 1 Understand wellness, disease prevention, and recognition of symptoms.** 9.PCH.1
  - 1 Identify controllable versus uncontrollable risk factors for communicable and chronic diseases. 9.PCH.1.1
  - 2 Identify the procedures for organ donation, local and state resources, as well as the pros and cons. 9.PCH.1.2
  - 3 Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits. 9.PCH.1.3
  - 4 Formulate an effective long-term personal health plan for reducing the risk of chronic disease. 9.PCH.1.4
  - 5 Identify measures to improve sleep and rest habits. 9.PCH.1.5
  - 6 Identify strategies for the prevention and early detection of skin cancer. 9.PCH.1.6
  - 7 Assess personal health practices and overall health status. 9.PCH.1.7

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- 2 Evaluate messages conveyed in media, social media, and technology to determine their influence on health behaviors.** 9.PCH.2
  - 1 Discuss the potential short term and long-term health and social impacts of body art. 9.PCH.2.1
  - 2 Evaluate the effect of media on personal and family health. 9.PCH.2.2

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**3 Describe necessary steps to prevent and respond to unintentional injury.** 9.PCH.3

- 1 Explain the risks associated with operating firearms and motor vehicles. 9.PCH.3.1
  - 2 Discuss strategies for reducing unintentional injuries. 9.PCH.3.2
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**4 Apply critical literacy/thinking skills related to personal, family and community wellness.** 9.PCH.4

- 1 Use knowledge of relevant medical and healthcare terminology, to ask questions and make decisions about health benefits. 9.PCH.4.1
  - 2 Discuss immediate and long-term impact on individual, family, community, and environment when making health-related decisions. 9.PCH.4.2
  - 3 Discuss individual, family, community, and environmental influences when making health-related decisions. 9.PCH.4.3
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**Interpersonal  
Communications and  
Healthy Relationships**

**1 ICHR.1 Analyze how effective interpersonal communication can benefit personal health and well-being.** 9.ICHR.1

- 1 Demonstrate how to effectively communicate kindness, empathy, compassion, and care for others. 9.ICHR.1.1
  - 2 Implement negotiation and collaboration skills in solving problems or resolving conflicts. 9.ICHR.1.2
  - 3 Develop healthy strategies for dating and prevention of intimate partner violence. 9.ICHR.1.3
  - 4 Explain the concept of consent, in relation to communicating and maintaining personal boundaries. 9.ICHR.1.4
  - 5 Analyze harmful cultural messages conveyed in sexually explicit media that objectify or sexualize people, normalize sexual violence and exploitation, encourage teenage sex, and ignore negative consequences. 9.ICHR.1.5
  - 6 Examine applicable state laws governing the age of sexual consent and how violating such laws can lead to serious legal consequences. 9.ICHR.1.6
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**2 Evaluate abstinence from sexual intercourse until marriage as a positive choice for young people.** 9.ICHR.2

- 1 Evaluate skills and strategies to utilize safer sex options, including abstinence until marriage, postponing participation in sexual activity, and contraceptive use. 9.ICHR.2.1
- 2.2 Explain the potential risks of STIs, including HIV and HPV, and describe their mode of transmission, symptoms, testing, and treatment. 9.ICHR
- 3 Explain the limitations of FDA approved methods of contraception in reducing the risk of STIs and pregnancy. 9.ICHR.2.3

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### **3 Identify strategies that develop and maintain reproductive and sexual health.** 9.ICHR.3

- 1 Identify a parent, guardian, or trusted adult and medically accurate resources to address sexual and reproductive health questions. 9.ICHR.3.1
  - 2 Summarize the importance of prenatal care to minimize preventable risks during pregnancies. 9.ICHR.3.2
  - 3 Explain the importance for regular STI screenings for optimal sexual health. 9.ICHR.3.3
  - 4 ICHR 3.4 Identify local resources for STI screenings and sexual healthcare, including for those who have been sexually abused to heal physically, mentally, and emotionally. 9.ICHR.3.4
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## **Nutrition and Physical Activity**

### **1 Describe the prevalence, causes and long-term consequences of poor nutrition, extended screen time, and sedentary lifestyle.** 9.NPA.1

- 1 Summarize evidence-based approaches for individual prevention of disease. 9.NPA.1.1
  - 2 Summarize evidence-based approaches for community prevention of disease. 9.NPA.1.2
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### **2 Develop strategies to consume a variety of foods and beverages.** 9.NPA.2

- 1 Summarize the benefits of consuming the six essential nutrients in adequate amounts in a variety of foods. 9.NPA.2.1
  - 2 Summarize the effects of hydration and dehydration and preventive measures for dehydration. 9.NPA.2.2
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### **3 Analyze health behaviors in relation to community and global disease prevention.** 9.NPA.3

- 1 Evaluate how the school and community culture can affect personal health practice and behaviors. 9.NPA.3.1
  - 2 Advocate for those experiencing local and global barriers that interfere with optimal health. 9.NPA.3.2
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### **4 Apply lifelong nutrition and physical activity concepts to enhance quality of life.** 9.NPA.4

- 1 Design and implement a personal physical activity program with safety and effectiveness. 9.NPA.4.1
  - 2 Identify appropriate methods to avoid/respond to the climate-related conditions during physical activity that impact overall health. 9.NPA.4.2
  - 3 Evaluate your personal fitness plan. 9.NPA.4.3
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## Alcohol, Nicotine, Cannabis, and other Drugs

### **1 Apply avoidance behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use.** 9.ANCOD.1

- 1 Identify the consequences of driving or riding with someone under the influence of alcohol or other drugs. 9.ANCOD.1.1
  - 2 Develop a set of personal standards to resist the use of alcohol, nicotine, cannabis, and other harmful substances and behaviors. 9.ANCOD.1.2
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### **2 Evaluate effects of alcohol and other substances on brain function, behavior, and human body systems.** 9.ANCOD.2

- 1 Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports. 9.ANCOD.2.1
- 2 Evaluate positive and negative influences on health practices and behaviors. 9.ANCOD.2.2
- 3 Describe the trends in use and misuse of prescription and non-prescription drugs. 9.ANCOD.2.3
- 4 Summarize the risks of IV drug use, including blood borne diseases. 9.ANCOD.2.4
- 5 Discuss the complexity of addiction and its effects on individuals and society. 9.ANCOD.2.5
- 6 Examine the consequences of alcohol or nicotine use/exposure during different stages of growth and development. 9.ANCOD.2.6